Top essential oils to include in your spring cleaning routine

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- This spring, replace harsh chemical cleaners with natural, toxin-free essential oils.
- They not only clean effectively but also offer mood-enhancing benefits, making them a perfect choice for a greener, healthier home.
- The top essential oils for spring cleaning include eucalyptus oil (for floor cleaners), lavender oil (a gentle cleaner with calming properties) and lemon oil (a powerful cleaner).

- Use essential oils to make a DIY all-purpose cleaner, floor cleaner or room spray.
- Incorporating essential oils into your spring cleaning routine reduces exposure to harmful chemicals while providing the added benefits of aromatherapy. This creates a cleaner, fresher and more uplifting home environment.

Spring is in the air, and with it comes the perfect opportunity to refresh your home and embrace a cleaner, greener lifestyle. This season, why not ditch the harsh chemical cleaners

and turn to nature's own solutions?

Essential oils are effective for cleaning, and they also offer other additional benefits, such as uplifting your mood.

Here's how you can use essential oils to create a sparkling, toxin-free home this spring. (h/t to InspireMeNaturally.com.au)

Eucalyptus oil: Refresh and revitalize

Eucalyptus essential oil is a refreshing choice for spring cleaning and its crisp, invigorating scent is a great addition to your cleaning routine.

Add a few drops of eucalyptus essential oil to your mop water or use it in a DIY floor cleaning solution to leave your home smelling fresh and clean.

Lavender oil: Calm and clean

Lavender essential oil is beloved for its calming and relaxing properties, but it's also a gentle cleaner. Its soothing floral scent makes it ideal for bedrooms and living spaces.

Add a few drops to a cleaning spray for a calming effect or diffuse it in the evening to create a tranquil atmosphere.

You can even sprinkle a few drops on your pillow for better sleep — perfect for those spring nights when you want to wake up feeling refreshed. (Related: Natural cleaning alternatives: Safe products for a healthier home.)

Lemon essential oil: The ultimate natural cleaner

Lemon essential oil is a spring cleaning superstar. Its fresh, citrusy scent is instantly uplifting, and its natural properties make it a powerful cleaner.

Tea tree oil: Another spring cleaning must-have

Tea tree oil is another excellent choice for spring cleaning. It's a natural disinfectant that can tackle germs but is neither harsh nor toxic.

Its strong, medicinal scent means a little goes a long way — just a couple of drops in your cleaning solution will do the trick.

Add tea tree oil to your DIY all-purpose cleaner or use it to freshen up musty areas like closets or laundry rooms.

DIY non-toxic cleaning solutions

Creating your own cleaning solutions with essential oils is easy, cost-effective and environmentally friendly.

Here are a few simple recipes to get you started:

All-purpose cleaner

- 1 Cup white vinegar
- 2 Cups water
- 10-15 Drops essential oil (lemon, tea tree, lavender, or a blend)

Steps:

1. Combine all ingredients in a spray bottle, shake well and use on surfaces throughout your home.

Floor cleaner

- 1 Gallon warm water
- 1/2 Cup white vinegar
- 10 Drops eucalyptus or lemon essential oil

Steps:

1. Mix all the ingredients in a bucket and use the floor cleaner to mop your floors for a fresh, clean finish.

Room spray

- 1 Cup distilled water
- 2 Tablespoons rubbing alcohol (to help disperse the oils)
- 10-15 Drops essential oil (geranium, lavender or peppermint)

Steps:

1. Combine all the ingredients in a spray bottle and shake well before use. Spritz around your home to instantly refresh the air.

Beyond cleaning, essential oils can enhance your daily life in other ways. Use a diffuser to fill your home with your favorite scents. Add a few drops to your bath for a relaxing soak or dilute oils with a carrier oil for a soothing massage.

This spring, embrace the power of fragrant essential oils to create a cleaner, fresher and more uplifting home. Not only will you reduce your exposure to harmful chemicals, but you'll also enjoy the added benefits of aromatherapy.

Where to buy lab-verified organic essential oils

The Health Ranger Store is committed to helping you keep your home clean using non-toxic ingredients such as organic essential oils.

That's why we're proud to introduce an assortment of clean, lab-verified and organic products such as Organic Eucalyptus Essential Oil, Organic Lavender Essential Oil and Organic Lemon Essential Oil.

The Health Ranger's Organic Eucalyptus Essential Oil has a crisp and distinctive smell; when used in aromatherapy it can help you clear your mind and improve your focus. Besides its aromatherapy application, it's also an all-natural way to provide a fresh scent to your home or car.

It has also been used for centuries to maintain fresh breath – simply dilute it in water and rinse your mouth for a pleasant, fresh experience.

Enjoy its distinctive scent and cleansing properties. The Health Ranger's Organic Eucalyptus Essential Oil is an all-natural plant-based solution for enhancing your life and spring cleaning.

You can also try Health Ranger's Organic Lavender Essential Oil, which is carefully extracted from the flowers of *Lavandula angustifolia* through steam distillation. It has a distinct floral scent, marked by sweet herbal nuances and rich green accents that will transport your mind to a fragrant lavender field.

Freshen your home, linens and clothes by placing a few drops of purified lavender essential oil in your diffuser, wardrobe, or on your mattress. You can also use lavender essential oil to make DIY soaps, lotions, perfumes, bath salt soaks, massage oils and insect repellents.

To relieve stress and keep you more grounded and focused, add this fragrant essential oil to your bath water and enjoy a luxurious lavender bubble bath.

Health Ranger's Organic Lavender Essential Oil is non-toxic, non-GMO, non-China and certified organic. It is also extensively lab tested for glyphosate, heavy metals and microbiology.

Lastly, you can try Organic Lemon Essential Oil, a potent, all-natural food-grade oil that is extracted from the peel of the *Citrus limon* fruit. Its powerful cleansing properties and refreshing aroma make it ideal for use as a non-toxic cleaner or air freshener.

Visit GreenLivingNews.com for more eco-friendly tips on how to clean and freshen your home naturally. You can also check out Health Ranger Store and Brighteon Store for more natural cleaning products and ingredients for your spring cleaning needs.

Click on this link for more tips on how to support good health this spring.

Watch the video below to learn about the benefits of switching to an All-Purpose Non-Toxic Cleaner.

This video is from the Health Ranger Store channel on *Brighteon.com*.

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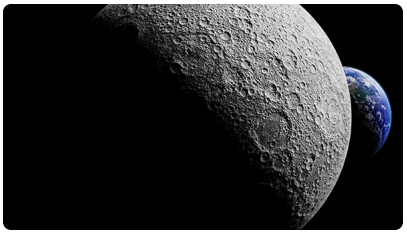

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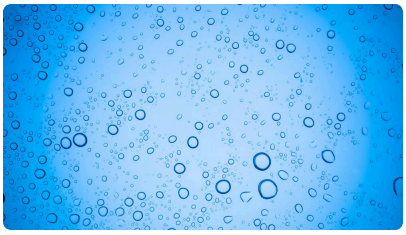

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